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The
Jackson Sanatorium
DANVILLE,
NEW YORK





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❖ ❖ THE ❖ ❖
JACKSON SANATORIUM.

THE BEST APPOINTED
HEALTH INSTITUTION
IN AMERICA. ❖ ❖ ❖ ❖ ❖
MAIN BUILDING OF BRICK
AND IRON, AND ABSO-
LUTELY FIRE-PROOF. ❖ ❖

Chief of Staff:

JAMES H. JACKSON, M. D.

Managing Staff:

KATE J. JACKSON, M. D.

WALTER E. GREGORY, M. D.

JAMES ARTHUR JACKSON, M. D.

J. ARTHUR JACKSON, M. D., Sec'y and Manager.

HELEN D. GREGORY, Treasurer.



Founded on rock. For suffering ones and weary.

A home, secure from worldly care and strife,
Nature, the healing mistress, tends its portals,
Beckoning with gentle hand to paths of life.

K. J. J

THE JACKSON SANATORIUM,

DANSVILLE, NEW YORK.



HIS INSTITUTION, for many years known as "Our Home on the Hillside," was established for the scientific treatment of invalids, and for recuperation and rest in cases of overwork and nervous exhaustion. Since its foundation, in the year 1858, thousands from all parts of the American continent, the West Indies and Europe have here found health, rest and the advantages of a delightful home. Even in cases where the underlying disease has been incurable, the methods employed have been singularly successful in relieving symptoms and prolonging life, particularly in affections of the heart and kidneys.

The Jackson Sanatorium is conducted as a distinctively Health Institution, and not as a fashionable resort. Regularity

of life and freedom from noise and social excitement prevail, thus securing long periods of rest, while at the same time rational recreation and amusements are amply provided for. Although the comfort and welfare of the sick are the first considerations, every opportunity is provided for those who desire to spend a pleasant and profitable vacation season.

Situated in a hillside park of 60 acres of woodland and lawn, laid out with walks on the level and up the hill, the Institution with its surrounding cottages, has often been likened to a city set on a hill."

At a distance of half a mile in the valley below is the picturesque town of Dansville, with its churches, schools and railroad facilities. Population, 4,500.

THE ELEVATION OF THE SANATORIUM IS 900 FEET ABOVE SEA LEVEL.



APPROACH FROM THE NORTH

Natural Sanitary Location.—The Sanatorium is located among the hills of the beautiful Genesee Valley country of Western New York, where Nature, by her wise provision of genial climate, pure mountain springs, quiet stretches of forest and field, extended and varying landscapes encircled by sheltering hills, has provided the most favorable conditions for the success of its work. *It is exempt from malaria*, and the vital statistics justify its claim to favorable distinction in respect to diseases caused, or prolonged, by environment. This is probably due to its elevation above sea-level, swift running streams, dry, porous soil, evergreen forest growth, a climate equable and genial for its latitude, and more especially to the exceptional dryness and purity of the air. The atmospheric conditions are advantageous to sufferers from liver, kidney, throat or skin affections. The nights of the hottest summer days are cool; the winters are exceptionally mild, with but little snow. The Meteorological Bureau reports and the weather maps of the Smithsonian Institute show that the narrow strip of Western New York State, forming the northerly divide of the Alleghany chain draining into Lake Ontario, enjoys a much less humidity and moisture precipitation than the surrounding country; in-



with the Sanatorium grounds is a large vegetable and fruit garden, with green-houses for flowers and table delicacies in the winter.

Mountain Spring Water of great remedial value flows from rocky heights far above any possible source of contamination. Dr. Titus Munson Coan, of New York City, who has made a specialty of treatment by natural mineral waters in this country and abroad, writing of this spring water, says: "It has fallen to my province to visit many a mineral spring, both American and foreign, and to prescribe their waters for many kinds of chronic ailments. In their main con-

deed, not until one approaches the pine forests of Northern Michigan, or the equally inhospitable dry plains west of the Mississippi River, can be found any such low annual average. It is only of this small section, within a region of 1,200 miles of the Atlantic coast line, that this can be said.

By a coincidence, or something more, this is also the seat of a highly developed fruit culture, the famous Genesee Valley grainfields, vineyards and orchards, supplying grains, fruit and vegetables in greatest perfection and abundance. Connected

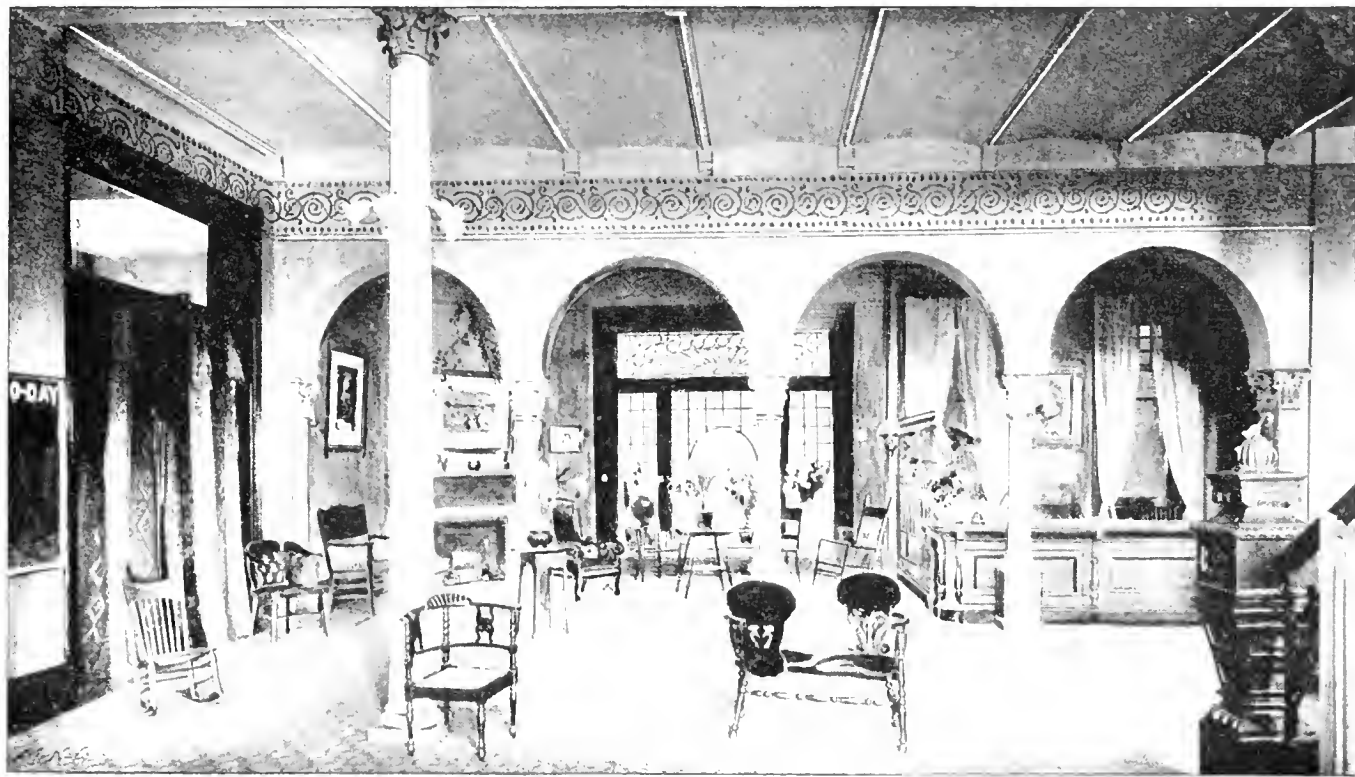


stituent and total amount of mineralization they correspond closely to the famous Berkeley Springs of West Virginia, the Gettysburg Springs of Pennsylvania, the Bethesda of Wisconsin, and also the noted springs of Contrexéville in France, all deservedly reputed, particularly in the cure of kidney and bladder troubles. It gives me pleasure to testify to the curative value of the Sanatorium Springs as I have found them in practice. Cool, pure and sparkling, they are unsurpassed for table use."

The remarkable freedom of this water from organic matter is proved by the analysis made of it at the Columbia School of Mines by Professors Ricketts and Cameron, their certificate showing that it contains only $\frac{1}{100,000}$ of a grain to each gallon. Dr. A. N. Bell, editor of the "Sanitarian," under whose direction this analysis was made, states that "the water is of exceptional purity."

The Stately Main Building, three hundred feet long and five stories high, is the center about which cluster a dozen cottages, all with light, airy, steam-heated rooms, and all commanding loveliest views of hills, valley and town. This central building, completed in 1883, is of brick and iron construction,

and ABSOLUTELY FIRE-PROOF. There can be no assured safety from fire in a large hotel — no matter whether the outer walls be of wood or brick — in which the beams, floors and ceilings are built after the ordinary manner of wooden construction. The only positive security is complete isolation of each floor by making the intervening medium of fire-proof materials, such as brick and iron. This is the method carried out in the main building. It is as absolutely fire-proof as human skill and science can make it. It CANNOT burn down. Expense has not been spared to render it complete in sanitary appointments, modern conveniences and the comforts of home. Among its advantages are light, airy, ventilated rooms, heated by steam, lighted by electricity, and tastefully furnished; open grates in public and many private rooms; safety elevator; electric bells in every room; telegraphic and telephonic facilities; spacious halls and corridors kept at uniform heat; broad promenade piazzas; perfect sewerage — water closets and soil pipes in an annex separate from the building, but connected by corridors with separate systems of pipes and drains guarded in the most effective manner. No house can be more free from the possibility of sewer-gas infection, as there are no soil pipes in or under the building.



RECEPTION HALL.

A hydraulic elevator, provided with Ellithorpe's safety air cushion, connects with the ground and all the floors and roof.

The main building is lighted throughout by electricity.

The Medical Department.—The chief of the medical staff is James H. Jackson, M. D., who has filled this position since the year 1876. His associates are Kate J. Jackson, M. D., Walter E. Gregory, M. D., and James Arthur Jackson, M. D. This permanent staff, assisted by four associate physicians, have the constant personal care of the medical department.

The Treatment comprehends a careful regulation of daily life, including diet, exercise, rest and recreation, with cheerful and helpful social and religious influences. All the most approved forms of baths are employed, notably the Molière Thermo-Electric, Turkish, Russian, Electro Thermal, Salt and Sulphur Baths, also Massage, Swedish Movements, Inunction, Electricity, Light Gymnastics, Vacuum Treatment, etc., as indicated in each individual case. Massage, an important measure of treatment here, is given by experienced masseurs. Drugs are not relied upon *for curative purposes*, but are used conservatively, as it is believed that better and safer means are available.

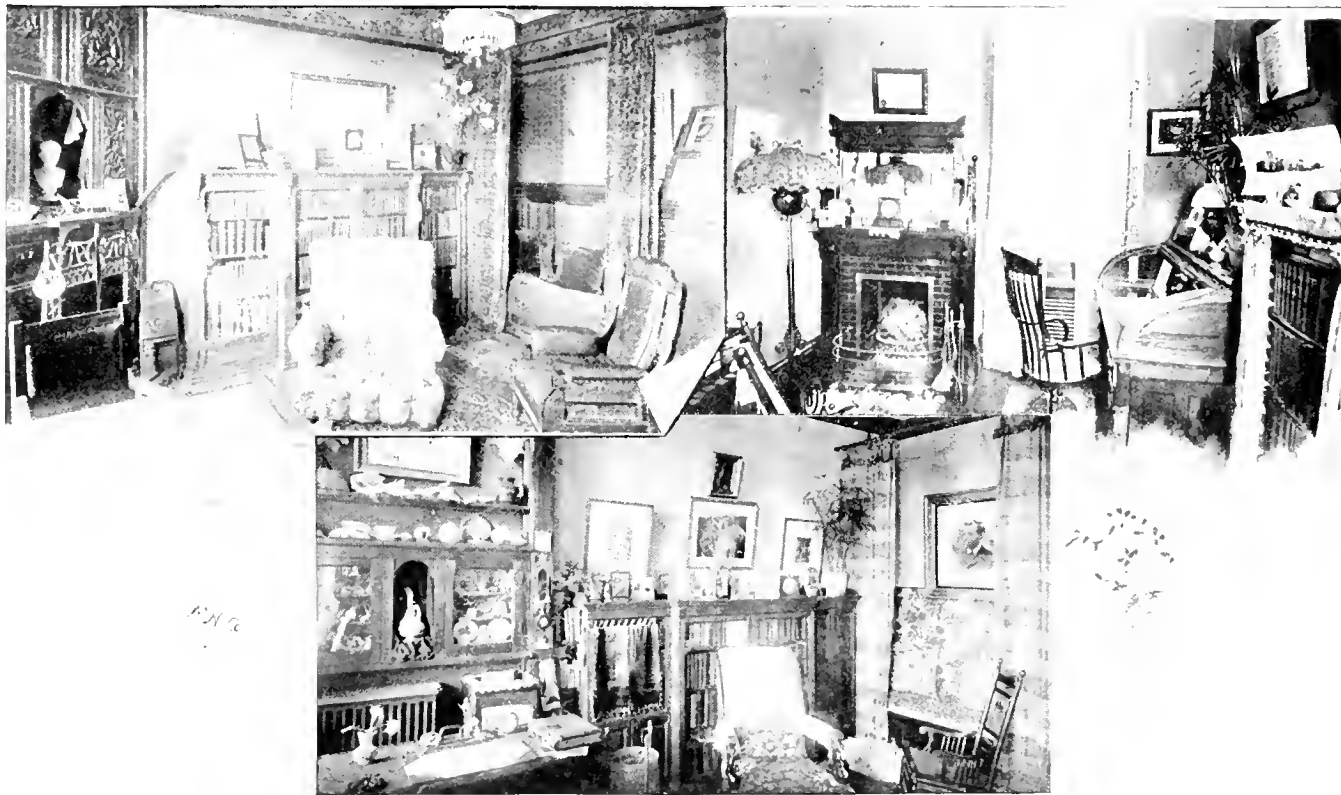
This institution is not a water-cure, nor a diet-cure, rest-cure, air-cure nor movement-cure, for the reason that not any one of these terms expresses its leading idea, which is

HEALTH BY RIGHT LIVING.

Obedience to the laws of life and health is enjoined as the first requisite to recovery. This is an educative as well as curative process, and it comprehends the work to which the Sanatorium is pledged.

Remedial agents which medical science and experience have proved valuable — the resources of nature, as sunlight, pure air, water, electricity, and not less in importance, the mental and moral forces — are drawn upon and applied according to individual conditions and needs for the restoration and preservation of health.

The apartments and apparatus for treatment are extensive and most complete, occupying a series of rooms on the second and third floors in the front of the main building, light, airy,



OFFICES OF MANAGING PHYSICIANS.

and commanding beautiful views. The bath rooms for gentlemen and ladies are on different floors, and are so constructed as to secure entire personal privacy.

Special departments for throat, eye and ear, gynecological and rectal treatment.

The Molière Thermo-Electric Bath.—The therapeutic claims made for this bath are: First, its remarkable power to equalize the circulation, making it of special value to those who suffer from congestion and inflammation of internal organs. Second, its unrivaled efficiency in removing waste material from the system. Thus in neuralgia, rheumatism, gout, catarrh, and malarial affections, it is one of the most effective measures of treatment. Again, in many organic diseases this bath greatly relieves suffering and often prolongs life, as in Bright's disease. For persons weary and debilitated by care or overwork it is a most luxurious and strengthening bath.

In its general therapeutic effect the Molière resembles the Turkish, but, owing to the combination of electricity with heat, perspiration is induced at a lower temperature, and with less taxation to the system. Moreover, in the Molière, the patient breathes the ordinary atmosphere of the room, while in the

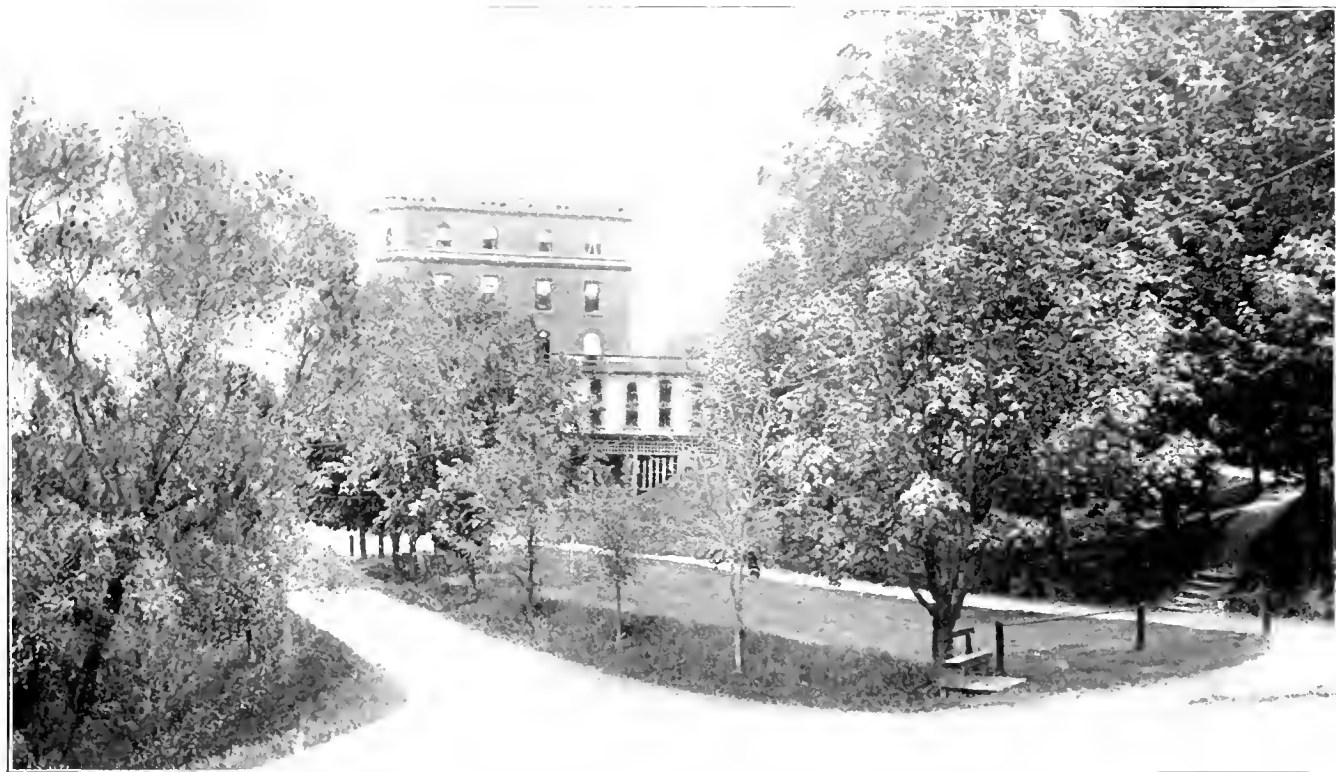
Turkish, air at a temperature of 200 degrees is sometimes taken into the lungs, which in some cases is undesirable.

Electricity.—During the past few years great advances have been made in the scientific application of electricity to the removal or relief of disease, and as a consequence this remedial agency has come rapidly into favor with the best medical practitioners, particularly in the treatment of diseases of women. In recognition of this fact, and knowing by observation and experience the curative value of electricity, especially when employed in conjunction with hydro-therapeutic measures for the restoration of invalids, the management of the Jackson Sanatorium has given special attention to this department, making it complete in every detail, and furnishing it with all the latest and most approved apparatus for giving the treatment in its varied forms. Electro-Thermal Baths, with stationary batteries, also portable Galvanic and Faradic batteries, are employed. A superior Holtz machine is used for the administration of Static Electricity.

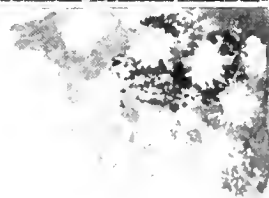
Swedish Movements.—Apartments for these were planned and furnished by the leading authority in this specialty, Dr. George H. Taylor of New York. They were constructed and



VALLEY FROM SANATORIUM TOWER.



APPROACH TO MAIN BUILDING FROM THE SOUTH.



DINING-ROOM.

DRAWING-ROOM.

set up under his personal supervision, and acknowledged by him as his best work.

Physical Culture.—This attractive department is under the personal charge of Mrs. Walter E. Gregory. The Delsarte system is taught and practiced, and is found invaluable in its adaptation to the needs of invalids. The old and the young, the weak and the strong, the awkward, nervous and self-conscious, find benefit in the practice of these exercises, which, as applied to health, mean the strengthening of the nerve centers, gaining poise and self-control, relieving the nervous strain or tension from which the majority of Americans suffer, inducing sleep, and conserving the vital force instead of wasting it. Physicians of all schools give this system cordial reception and support.

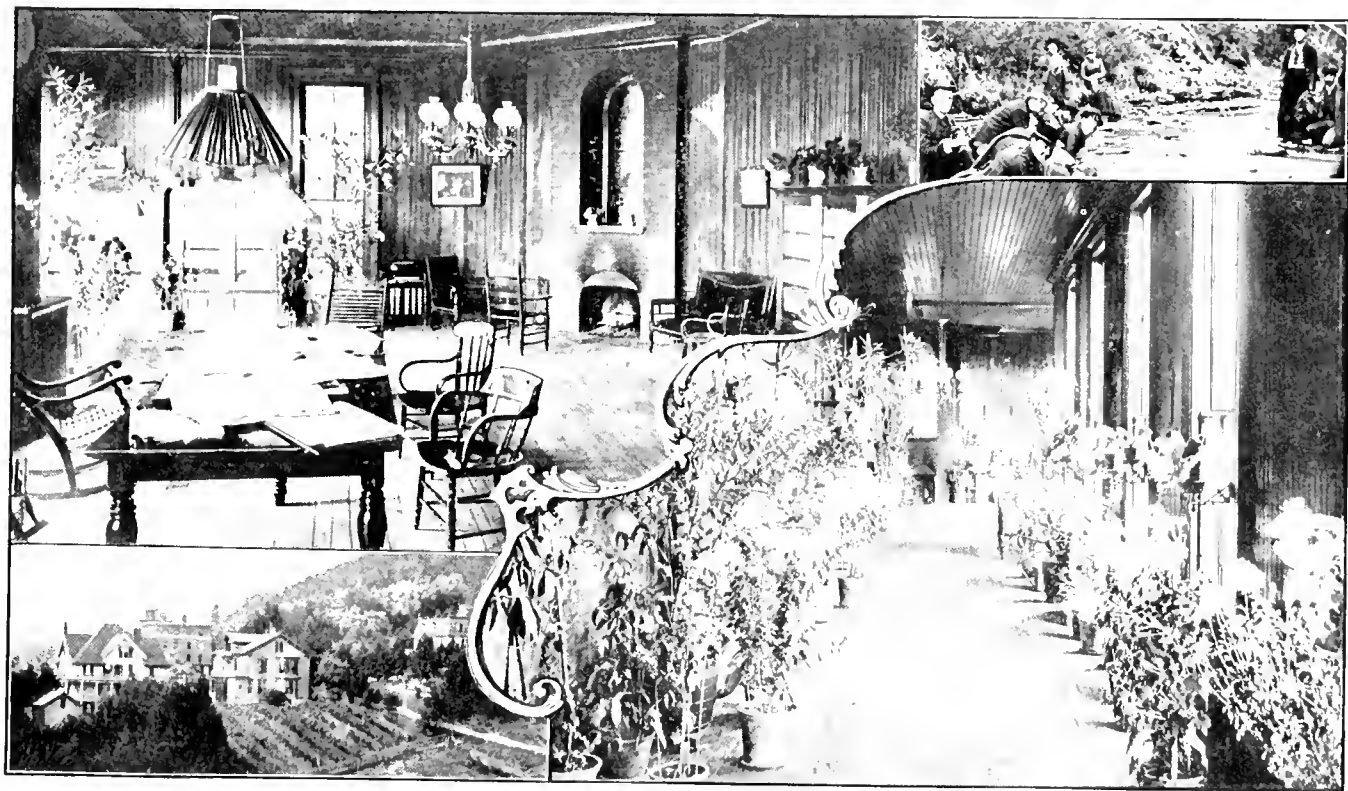
Rest. Nowhere are surroundings more conducive to healthful repose and the conservation of vital power than at the Sanatorium. Everything unites to give freedom from care, relief from the vexing impositions of fashion, from social dissipation, irregular habits and tendency to overwork, while at the same time all the arrangements, exterior and interior, lead to the cultivation and attainment of thorough mental and physical

rest. For an hour daily the house is kept quiet for "rest hour."

Diet.—Impaired nutrition is a feature of nearly all cases of chronic disease or exhaustion, and the value of nutritive treatment and medical supervision of diet, so long advocated and practiced in this Institution, has come to be recognized by the medical profession generally.

The culinary department is in charge of persons qualified by special study and training in the art of cooking, so that food is not only prepared in a manner to please the taste, but upon scientific principles which insure the best results nutritively. Aside from carefully selected food materials in the way of cereals, meats, fish and fowl, and vegetables in large variety, the table is abundantly supplied with rich milk, cream and fresh creamery butter, also with fruits at all seasons.

Dress.—Although no particular style of dress is worn or required, simple and healthful clothing is urgently recommended. The ladies resident here dress physiologically, their costumes being made in a variety of becoming styles, and they will gladly assist in the arrangement of both under and outer garments. Suitable materials can be purchased in Dansville, and



READING ROOM.
COTTAGES

STONY BROOK
SOUTH CORRIDOR LEADING TO READING ROOM AND CHAPEL



OUTLOOK FROM



SANATORIUM ROOF.

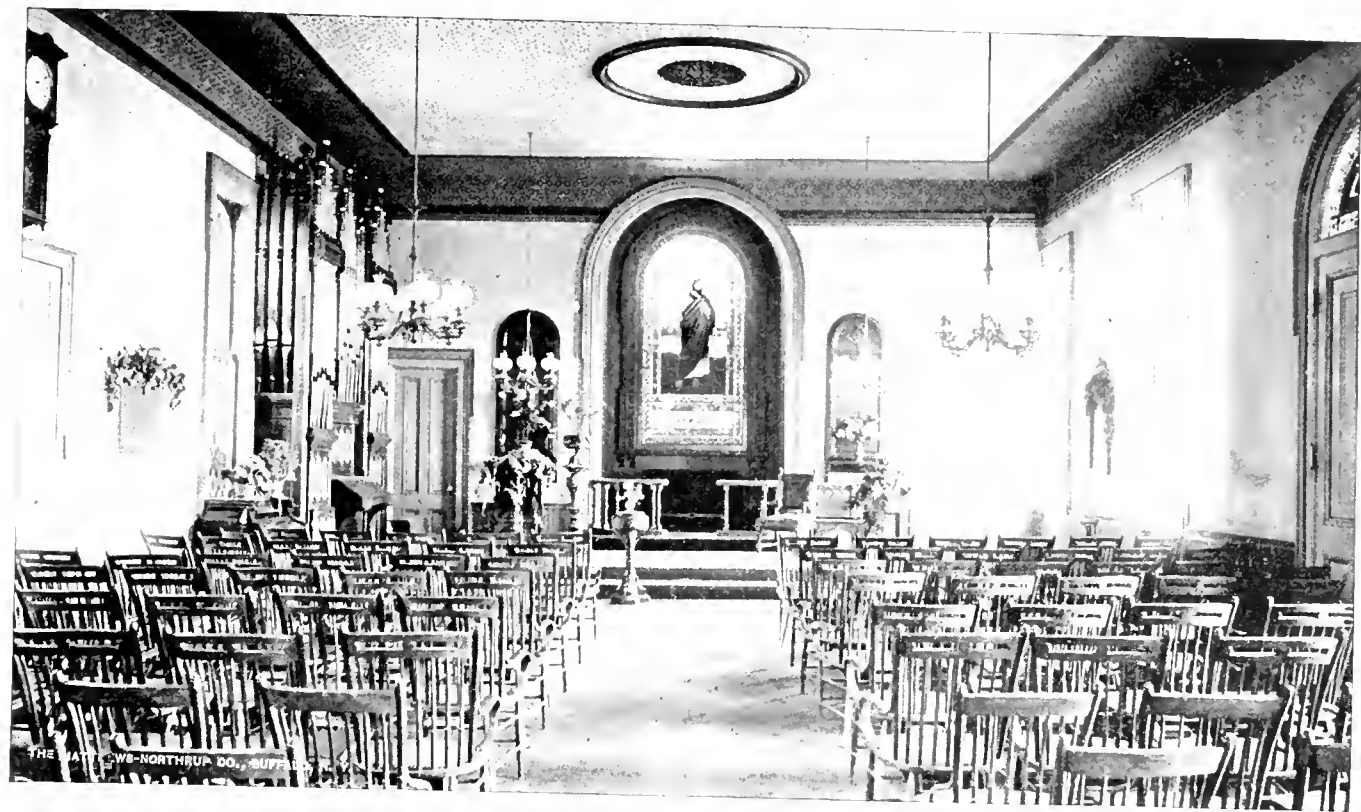
person, accustomed to fitting and making can be reasonably employed. Unphysiological dress accounts in a great measure for the premature fading and loss of health of American women. The physicians discourage changing the dress for mere appearance, during the day, since the obligation to do so often proves a burden to a feeble person. It is advisable that all should avail themselves of the opportunity here afforded to dress healthfully. Only a very simple wardrobe is needed. All articles not required for the comfort of the wearer, especially costly jewelry are only a care in a household where there is no attempt at fashionable display. To many over-dressed, nervous, invalid women, the adoption of a simpler toilet would alone insure better health, a wider scope for unused powers, and a far greater degree of happiness.

Social and Religious Opportunities.—The influence of mental conditions upon the body, or the power of mind and spirit when rightly directed to aid in overcoming disease, is recognized, and every effort is made to promote harmonious and helpful relations between the members of the Sanatorium family. At the same time kindly restrictions are placed upon those who are inclined to overtax themselves socially. Cour-

tesy without formality, thoughtfulness of others without officiousness, especial kindness to strangers and to those in any way peculiarly unfortunate, moderation in all things, self-discipline enabling one to resign care and anxiety, courage and patience to await Nature's slow but sure processes, hopefulness, the use of whatever tends to recreate or pleasantly divert the mind—all are earnestly encouraged and cultivated by those having the responsible care.

The guests as a rule are chronic invalids, a large number remaining here many months. It is a little world in itself—a home in the true sense, not a hotel, or hospital, or fashionable resort, and provision is made for the religious, as well as for the social and recreative wants of the household.

The beautiful chapel, enriched by offerings of many friends, with its sweet-toned pipe organ, stained glass, and profusion of flowers at all seasons, has aptly been called "the heart of the Institution." Here, each morning after breakfast, all who desire assemble for worship, a privilege which is appreciated by feeble persons. Christian Union and other religious meetings, always unsectarian, are held during the week, and regular services on Sunday.



CHRISTIAN UNION CHAPEL

Connecting the chapel with the main building is a spacious corridor finished in native wood, lighted by numerous windows, beautified by many flowering plants and made cheerful by an open fire-place. This is also the reading room, which is supplied with all the principal daily, weekly and monthly periodicals, and has a well-selected library.

Instruction.—The influences of the Sanatorium life are educative, both as to the philosophy inculcated and the methods employed. Lectures on health and how to regain and preserve it are frequently given, and are of great value in instructing, encouraging and stimulating to improvement. Incalculable benefit is often realized from information thus gained, which has enabled many persons to live at home without sickness, and to insure good health to their families. Feeble guests are made comfortable during lecture hours, in easy chairs. Wheel-chairs are at the service of those unable to walk about the house.

To create the best conditions for the recovery of the sick, to increase popular knowledge on sanitary subjects and add to the general intelligence in regard to the laws which govern healthful growth and development, to point out right ways of

living and warn against the false and fatal — this is the purpose of those having the Institution in charge.

Outdoor Life.—A characteristic feature is the outdoor life led by the guests, who are encouraged to live much in the open air at all seasons — in the winter on the roof and piazzas, and in summer under the shade trees, on the mountain side, swinging in hammocks, or lying on cots or blankets on the grass. These regular periods of open-air life have a curative value not easily estimated. Those who need it have help in getting out and in, and are made comfortable by attendants.

A subsoil of gravel and sand, causing the ground to dry rapidly after rain, and making the air, both night and day, singularly free from chill and dampness, renders life out of doors entirely practicable, without risk of inducing or aggravating throat, lung, rheumatic or other like affections.

The asphalt roof, reached by the elevator, is the most popular and populous part of the main building in pleasant weather. Even the coldest days of winter do not deter the courageous ones, warmly wrapped and tucked into cots, from spending hours here daily, during the entire cold season. Soon after breakfast, life begins on the house-top, and continues,



VIEWS OF PRIVATE ROOMS

with the intervals of treatment and dinner, until the sun drops below the western hills. And here the sick and weary breathe the pure air of this upper region, resting tired bodies, and refreshing soul and spirit with long uninterrupted periods of repose. Steamer chairs with gay rugs, set to take in some lovely picture, and the presence of a few promenaders who take prescribed exercise by a certain number of turns up and down — ten times across making a mile — suggest a comparison to the deck of an ocean steamer.

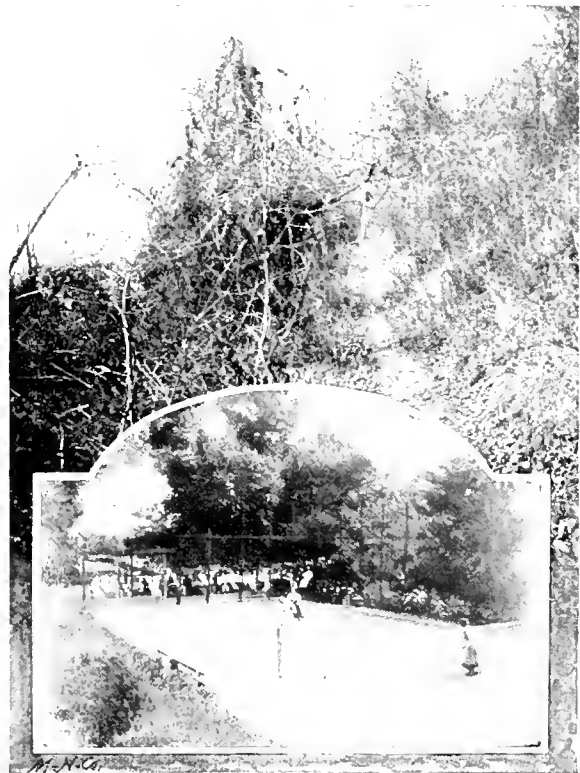
Croquet, lawn tennis and other outdoor games, with riding and driving, are enjoyed in summer; at all seasons of the year, home games, frequent concerts, stereopticon exhibitions, amateur theatricals and other entertainments furnish indoor amusements. In the spacious amusement room are shuffle board, pool and billiard tables.

Expenses depend upon size and location of room or suites. The price of a room occupied by one person ranges from \$17.50 to \$35.00 and upward per week, and for two persons in one room it is from \$30.00 to \$60.00 per week. A person rooming in a cottage not belonging to the Sanatorium can secure accommodations at about \$15.00 per week. The

rooms under \$21.00 are in cottages not far distant from the main building, light and cheerful, steam-heated and provided with modern plumbing conveniences. These charges secure the skill and personal care of physicians who have had exceptional opportunities and experience, the kindly services of trained attendants, and the advantages of unequaled therapeutic appliances and equipment for treatment. In addition to this the guests of The Jackson Sanatorium enjoy all the comforts and conveniences of a first-class hotel. The cuisine and general service is most liberal, the aim of the management being to hold the Institution to a high standard in every respect.

The main building contains suites of rooms, with or without private bath, for those who desire them. The least expensive bedroom is light and airy, and its tenant is entitled to all the privileges of the house, to the same care and attention of the physicians, to every courtesy of the attendants enjoyed by the occupant of the most luxurious suite of rooms.

As only 300 guests can be accommodated, rooms should be engaged, by letter, in advance. *No extra charge is made for Molière, Turkish, Russian and Electric Baths, Massage, Electricity, Swedish Movements, etc.*



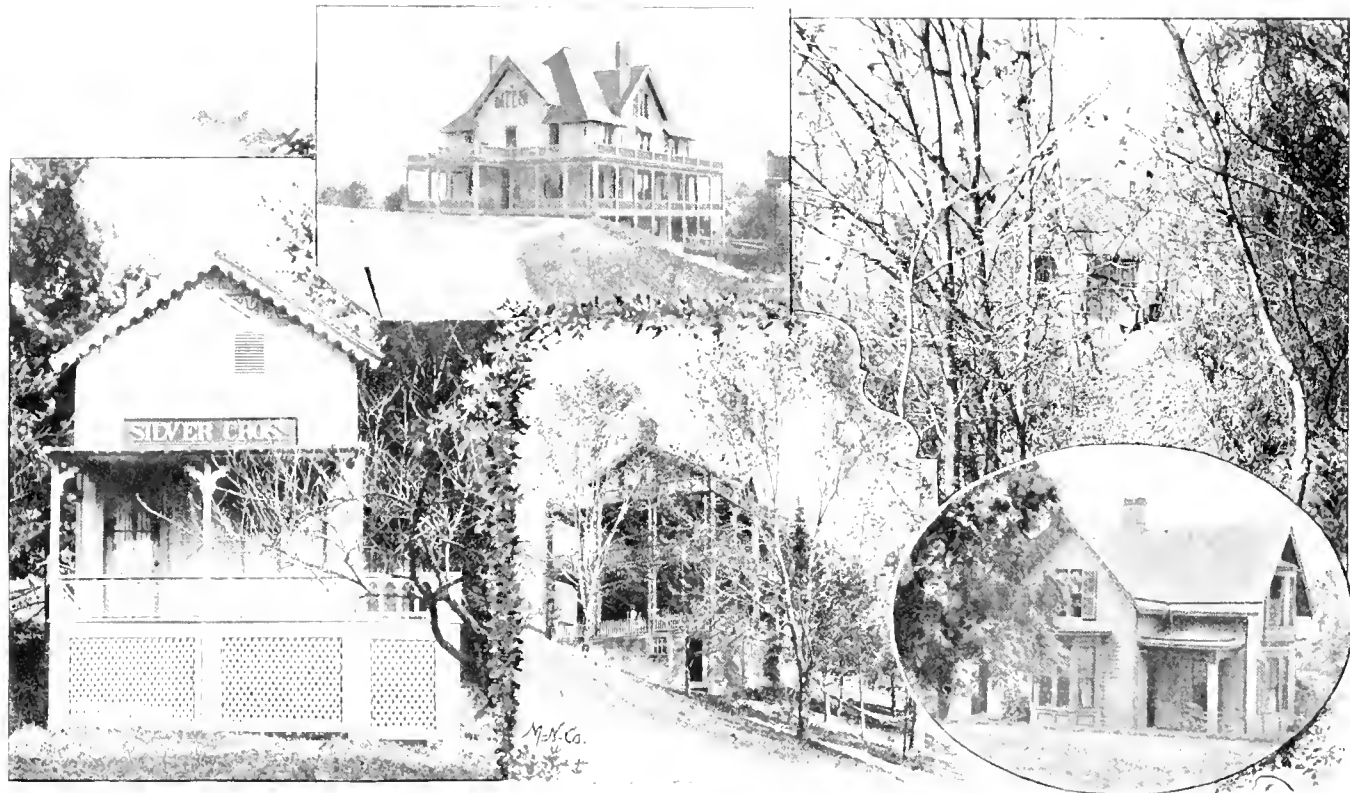
PATH TO SUNSET POINT
TENNIS COURT



LOOKING UP THE HILL FROM ELECTRIC LIGHT STATION.
BOULDER WOOD.



WATERFALL IN VICINITY OF DANSVILLE.



SILVER CROSS.

AURORA

CROWN HILL.

HIDEAWAY

TERRACE.

GROUP OF COTTAGES.

For night service, special nursing, baths, meals or open fires in private rooms, a reasonable extra charge is made. Steam heat and lights are not extra.

Children taking treatment are charged the same as adults. If they are boarders only, special arrangements will be made. Mothers bringing young children should, to avoid being unduly taxed, provide attendants for them.

Weekly settlement of bills is required, unless other arrangements are made with the management.

Medical Consultation. The consultation fee is \$5, whether or not the person remains for treatment. *Objectionable cases are not received.* Persons having been under treatment will, if desired, be furnished with written prescriptions for home treatment for \$3.

Special Departments.—The Gynecological and Throat and Nose departments are fully equipped for surgical as well as for medical treatment, and are in charge of skilled and experienced specialists. Trained nurses can be readily secured from Buffalo or Rochester. Good nurses and attendants for ordinary needs, and for children, can be procured in town at reasonable rates.

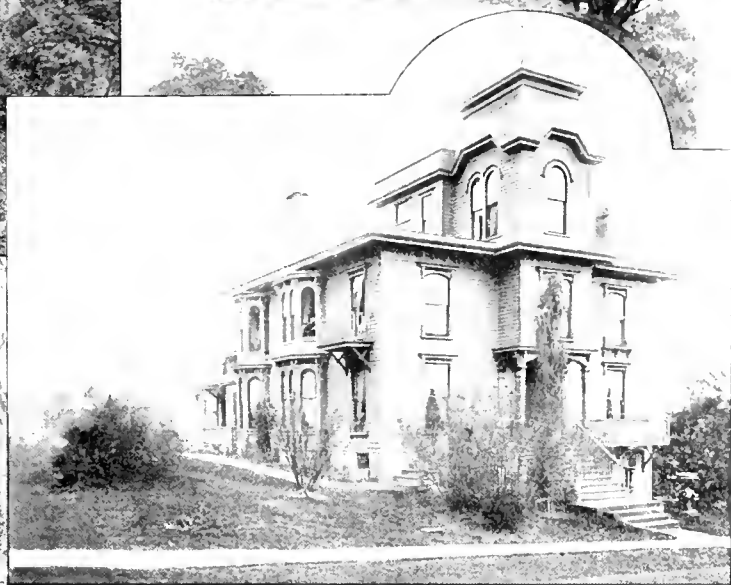
Opportunity is provided for facial massage and treatment of the hair and head.

Articles for Individual Use.—Patients are required to provide for treatment purposes and outdoor wrapping half a dozen towels, two or three bath sheets (linen preferred), a comfortable, or woolen blankets. A head cushion or pillow, covered with some colored material, and provided with straps for ease in carrying, will be found very useful. If not convenient to bring these articles they can be purchased at reasonable rates in the Institution; also cots and hammocks. It is desirable to bring one or two small flower vases and other ornaments for one's room.

The Sanatorium is open during the entire year.

Special rates made to physicians and clergymen on application.

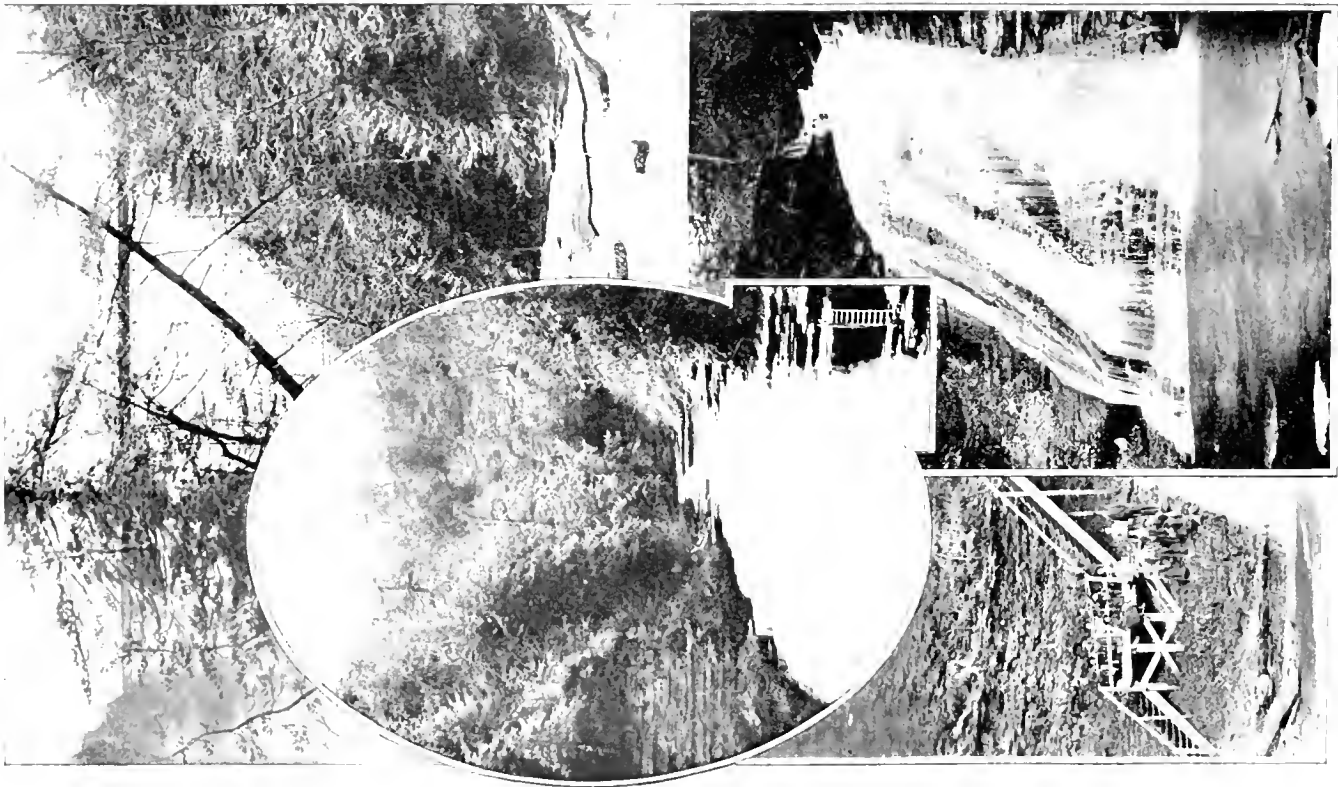
Taking into consideration the commodious building, planned and constructed to meet every need of the seeker after health, rest and quiet; the perfect equipment for treatment; the location unsurpassed for health and beauty; the entire freedom from demands of society and fashion; the frequent lectures and lessons on hygiene; the provisions for recreation and



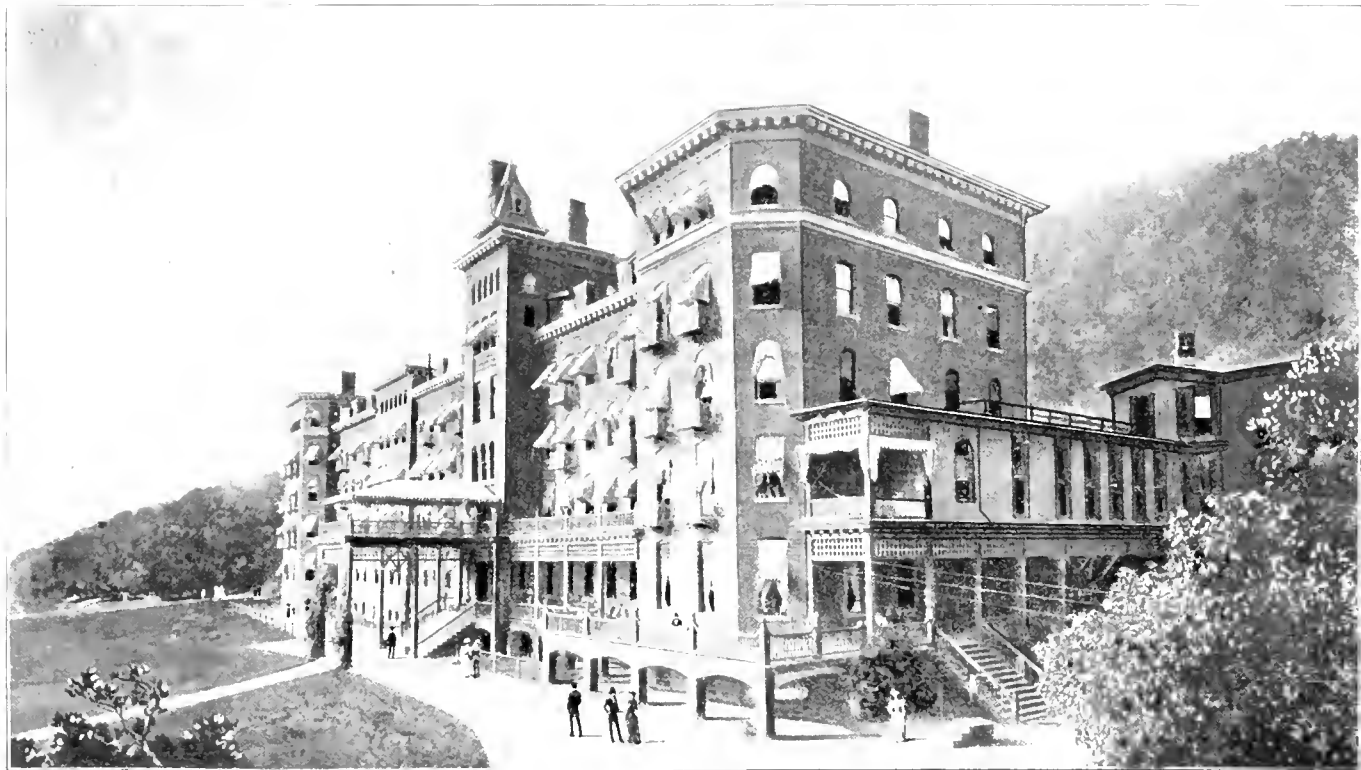
IVY LODGE.
CLOVER NOOK.

GROUP OF COTTAGES.

CHERRY KNOLL.
BRIGHTSIDE.



VIEWS IN STONY BROOK GLEN



MAIN BUILDING BUILT OF BRICK AND IRON. ABSOLUTELY FIRE-PROOF

amusement; the attendance and care of a staff of skilled and experienced physicians, and the services of trained and competent nurses and other helpers, the Sanatorium unquestionably offers an unequalled combination of sanitary appointments and therapeutic appliances for the restoration of the sick and recuperation of the exhausted.

The Jackson Sanatorium is easily accessible, being on the line of the Delaware, Lackawanna & Western R. R. between New York City and Buffalo.

For additional information address James Arthur Jackson, M. D., Secretary, Dansville, New York.

References to Leading Physicians, also Testimonials from Former Patients and
Guests, will be Given Whenever Requested.



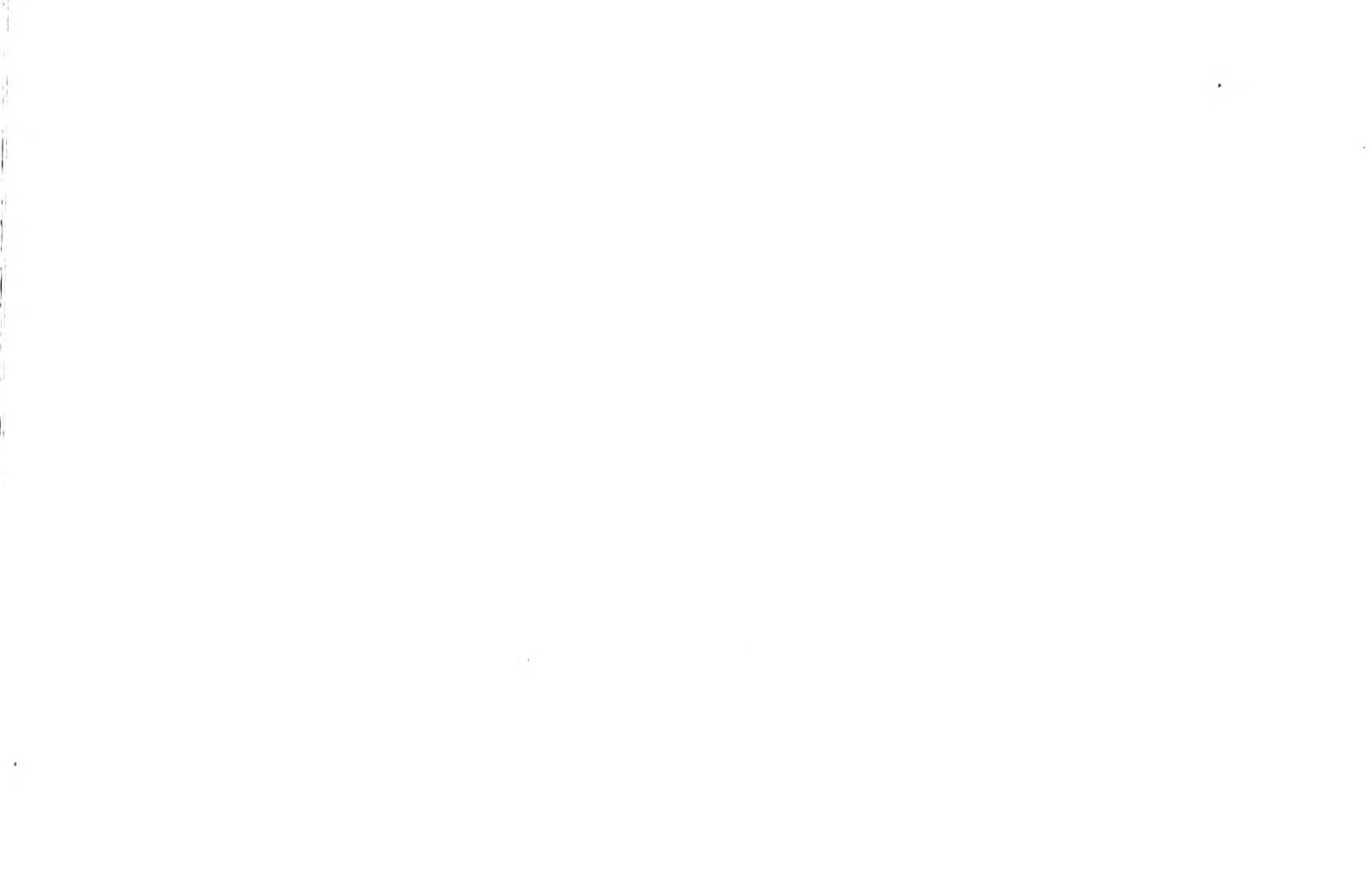
LOOKING NORTH AND SOUTH FROM SUNSET POINT.







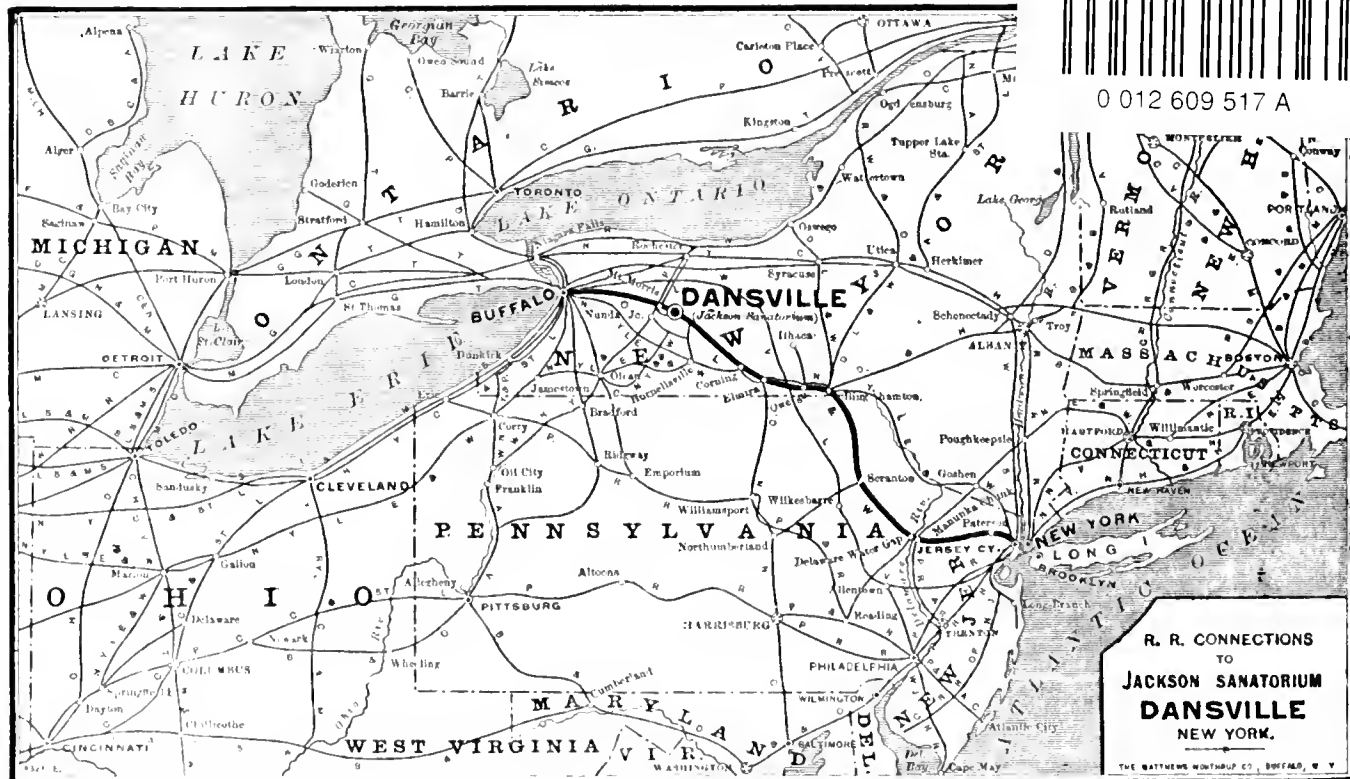




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